PEDIC SOCIETY ITEMS

VOL. I. DECEMBER, 1909 NO. 10

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ELLIOTT W. JOHNSON, President, Astor House Broadway and Vesey St.

MAX NACHBAR, Secretary, 344 Manhattan Ave.

HARRY H. MOORE Treasurer, 874 Broadway

ADVERTISING RATES, $2.00 AN INCH FOR EACH INSERTION

The Pedic Society wishes you a Merry Christmas and a Happy New Year.

THE ANNUAL MEETING

The night of Tuesday November 9th, was a red letter one in the annals of the Pedic Society. Never before were so many chiropodists assembled. The large room was crowded. It showed that a deep interest is being taken in the profession by its members.

After the roll-call, President E. W. Johnson began the proceedings in his usual business-like way by presenting the three prizes donated by the Society for the best lectures during 1908.

To Mrs. Anna F. Moyde was awarded the first prize, $25 in gold. Alfred Joseph received the second prize, $15 in gold; and Joseph Renk was presented with the third prize, $10 in gold.

Then came the reading of the Annual Reports of the Officers. These showed the Society to be in a very healthy state in every way.

Then followed the election of officers for the coming year. There was only one name mentioned for the office of President, and amid great applause, Dr. Johnson was declared elected unanimously. And Mamma Johnson smiled happily as Papa Johnson took up the gavel to resume the presidency.

The following officers were then elected unanimously: L. H. Phillips, Vice-President: Harry H. Moore, Treasurer; Max Nachbar, Secretary; Edward A. Dahlke, George M. Wedekind and Monroe Redell, Advisory Board.

Then followed an entertaining and instructive half-hour. On behalf of the Examining Board, Dr. Joseph read off the questions asked at the October examination, giving their correct answers. Great interest was manifested by the members; and as it proved to be a success at every meeting following an examination, the same thing will be repeated.

At the conclusion of the business of the evening a splendid collation served by Reisenweber was partaken of by everybody. Then came songs, recitations and stories by the talent of the Pedic Society. And as the hour of midnight drew nigh, the members severally and in groups entered their waiting autos and taxis, and above the constant din of 23rd Street and Eighth Avenue could be heard many murmurs of "Home, James!"

Dr. E. M. FOOTE'S DIAGNOSIS

New York, Sept. 20, 1909

Editor Pedic Items:

I notice in the September number of the Pedic Items an inquiry in regard to a so-called ganglion of the wrist. This is also spoken of as weeping sinew or teno-synovitis. A ganglion is a pouch of tough fibrous tissue, containing a mucous fluid. It almost invariably connects with some portion of a joint and not with the sheath of the tendon. Such swellings are oftenest seen at the back of the wrist joint, but they may occur at its sides or in front. They are also found in connection with the ankle joint and the joints of the foot.

As the inquirer suggests, a ganglion can sometimes be cured by a sudden blow. This is no longer considered the best form of treatment however. Perhaps the most satisfactory treatment in most cases consists in the withdrawal of the contents of the sac by means of a syringe and coarse hollow needle, and the subsequent injection into the cavity of some irritating fluid, the effect of which is to make the walls of the sac grow together, and thus obliterate this cavity.

The other method consists in cutting down upon the sac, and removing it completely. By this method the sac is fully removed, but the hand is incapacitated for a few days; a scar equal to the diameter of the swelling remains, and even after a careful operation ganglion sometimes reforms. Many surgeons therefore, prefer the slower and simpler treatment by injection.

Sincerely yours,

E. M. FOOTE

136 West 48th St.

SEPSIS, ASEPTIC AND ANTISEPTIC DEFINED.

Ptomaines are poisons or septic agents, and the results of their action upon the living tissues with which they come in contact constitute sepsis. Whatever tissue or wound surface is uncontaminated by these ptomaines is in an aseptic condition. The method or means which antagonizes their production, or restricts or removes the results of their presence is an antiseptic.

PERSONAL.

Counselor Maurice Marks sailed for Europe November 16th, on business, carrying the God-speed of his many friends.

George Erff is receiving the congratulations of his many friends on the marriage of his daughter, Florence, to Edwin K. Burnett, a young chiropodist.

Mrs. Anna F. Moyde, of Syracuse, attended the annual meeting and was the recipient of the first prize—$25 in gold—for papers read during 1908.

What's the matter with getting up a glee club in the Pedic Society? There's Fred Jasmund, who sings second tenor, in some Scheutzen Bund; and Zenk—he's a crackajack basso; and Renk—he can howl also; and the only Menzel—he can play short stop. Some good talent there.

Although Secretary Max Nachbar was re-elected unanimously, he didn't run as well as usual. He was suffering from colitis, or allabanako, or something of that sort.

George Wedekind, immaculate of dress, was a busy individual—around the lunch.

Alfred A. Robie, of Newburgh, was elected a member of the Society on November 9th.

And the ladies—God bless them! They sit there like a group of queens, listening to the proceedings, without raising a sound.

Did it ever strike you what fine guards Dahlke and Louis Heimerdinger would make on some football team?

Sjorgren is the tallest man in the Society. Modesty forbids my naming the handsomest.

Dr. Johnson related a story about his grandchild, and a new lady member refused to take him seriously, because, as she said, "he looks too young."

Mone, Monet, Monon—see Walch!

Who is wise?
He who learns from everybody.
Who is noble?
He who controls his passions.
Who is rich?
He who is content.
Who is that?
Nobody!

ON THE EXAMINING BOARD.

By Alfred Joseph.

Well, they have done gone and done it!

On the night of October 12—just 417 years after Christopher Columbus discovered America—I discovered that I had been elected a member of the Examining Board, despite my protestations.

It was not a case of "Schiep mich; Ich gay gern!" On the contrary, for a month previous I had been urged by many members to accept the vacancy caused by the death of Dr. George I. Mardin, and to all I gave a negative reply. Then came a series of telephone calls from downtown and Brooklyn chiropodists endeavoring to obtain my sanction to become a candidate. But I remained steadfast in my refusal.

The last words of Mrs. Joseph as I left for the meeting were: "Don't run for any office!" But Fate intervened in the form of a letter written by Pres. ident E. W. Johnson to the Society, wherein he advocated my election so strongly that no other candidate appeared, and my election by a unanimous vote followed.

Then came the congratulations and the handshaking. Why, gracious me! I had no idea I was so popular. It made me feel good to know that I had so many friends in the profession, and, in a measure, compensated me for the work ahead.

I likened the instance to a remark I once heard a clever colored man on the vaudeville stage make. He had been applauded so long and so loud that his continued dancing had left him breathless. Advancing to the footlights, he grinned and gasped: "Jolly a coon, and ba kill hisself!"

The next two weeks were taken up in preparation for the fall examination. The questions were selected mainly from the Pedic Items, and were very apropos.

At least came the eventful night—October 26th—and for the first time since I myself passed through the ordeal, I entered the examination room. There came back to me the recollection of anxiety and nervousness which had possessed me on that occasion. Now, I could see that same condition in the faces and the actions of those present.

It was a little difficult to find places for the forty-eight who took the examination, but it was finally accomplished, it being the largest examination in point of numbers in the history of the Society.

At the end of four hours the examination terminated. The papers were gathered up, and both examiners and examined traced their steps homeward.

Of the forty-eight candidates, twenty-seven succeeded in passing, and twenty-one failed. Within three days after the examinations, notices were sent to all the participants. This established a new record, as heretofore from ten days to two weeks elapsed before the result of the examinations became known.

The following is a list of those who passed:

Percy J. Barton, Brooklyn, N. Y.
Wm. Chaiken, City.
Agnes Connor, Rochester, N. Y.
Joe Davis, Brooklyn, N Y.
Mrs. E. G. Dell Plain, Jamaica, N.Y.
Elsa Du Bois, Brooklyn, N. Y.
Max Faske, Corona, N. Y.
Minnie M. Forte, Schenectady, N. Y.
John D. Frederick, Albany, N. Y.
Chas. Goodman, City
Karl E. Gottfried, City.
Reuben H. Gross, City.
Eugene S. Hanna, City.
John R. Hillery, Brooklyn, N. Y.
C. B. Imrie, Yonkers, N. Y.
May Jenkins, City.
Samuel Jerwan, City .
Fred Lorenz, Brooklyn, N. Y.
A. Masone, Brooklyn, N. Y.
Mollie A. Meyers, City.
Wilhemina Montmarquet, Cohoes.
Oscar Nilsson, Brooklyn, N. Y.
Mrs. M. Percell, City.
Henry Nadel, City.
Wm. Pinkus, City.
Louise G. Schlichting, City.
Mabel Munn Smirnow, Brooklyn.

The next examination will take place on Tuesday, January 25th, 1910, at 8 p.m., at the Grand Opera House, corner Eighth Avenue and Twenty-third Street.

THE IMPORTANCE OF HOT WATER.

By Alfred A. Roble

My somewhat varied experience in this and other countries as a nurse, has impressed me with the great therapeutic value of water.

There is scarcely a branch of the healing art in which it cannot in one way or another be used to advantage.

Some things have been said in its praise in the past, I believe, by members of our Society, but good things are not injured by occasional repetition.

Of course we may not relegate our tried and faithful disinfectants to the background entirely, nor do we want to; but there are many times when hot water would effect a cure more quickly than if a strong disinfectant were used.

Used on an incised wound any foreign matter is removed, a clean and healthy surface is left, and union by first intention is the rule. As weak a solution as one to five thousand of bi-chloride injures the freshly exposed tissue and leaves a thin layer of dead cells which may delay healing considerably.

In a contused wound, many cells are crushed and injured, and their activity impaired. Fomentations of hot water applied immediately and kept up for some time act like magic in cases of this kind. Under the soothing, healing influence of the application, the injured cells, instead of dying gorged with impure blood, are able to continue their work, and in a few hours, wholly recover.

Many a picturesque black eye might be avoided if thus treated.

On general principles, cold contracts and heat expands, but this is not always the case. The volume of blood in a vessel is controlled by the vasomotor nerves. Warm water acts as a vaso-dilator, but hot water is a vasoconstrictor.

In hemorrhages which sometimes follow childbirth, a knowledge of this by the nurse has saved life. A short douche at 130 to 140 degrees will contract the vessels so as to nearly stop all bleeding and at least give time to get the physician.

Applied to our own art, hot water is often indispensable. In a case coming under my notice a great toe nail had become wrenched completely off. Dipping the toe for half an hour into water slightly too hot to be borne, resulted at the end of that time in a painless and bloodless condition of the wound and the patient never had five minutes of discomfort from it afterward. A slight dressing made it possible for the shoe to be worn without any discomfort.

All ingrown nail cases are benefited by an irrigation of good warm water.

An inflamed bunion recovers very quickly if well massaged in hot water not with a frictional movement, but by allowing the enlarged head of the metatarsal bone to sink comfortably into the palm of the hand and applying a firm but gentle pressure with a rotary movement.

Every ten or fifteen seconds, allow the hot water to again come in contact with the joint. All excess of callous should of course be removed before the massage.

The patients watch the process in amazement, and sometimes say, "Mercy on us, I haven't been able to touch that joint for a week."

After this treatment, the foot should be well dried and the usual protective dressing applied.

* * * * *

Water is even considered suitable for drinking by some, though the practice is discountenanced by others. A gentleman from Kentucky was telling of a long stage-coach journey in some part of the West. He said he became so thirsty, he drank three bottles of furniture polish.

And was there no water, he was asked? "Watah, sir, watah," he responded, "surely you do not expect a man to think of personal cleanliness while suffering from a raging thirst?"

Dr. Johnson ran an auto,
For a year or two;
Then he got a motor boat,
And sailed the waters blue.
Soon he'll get an aeroplane,
And begin to fly,
Or it may be a submarine
He next will want to try.

The man sat in a chiro's chair
And soon began to holler;
When the job was done he hollered more
When Chiro charged one $.

PASSING OBSERVATIONS.

In cases of bunions, hammer-toe, and other deformities of the foot, where shields are required as a constant protection, it would be a good idea to make a mold with dental plaster, then use soft rubber to make a cast. Such a contrivance employed as a shield for protuberances, lasts longer, can be kept clean, and offers better protection than anything now in use.

When a patient complains of a pain in the bottom of the heel, cut out a piece of wooly sheepskin and fit it snugly in the heel end of the shoe.

Never employ a shield just for the sake of showing that you are a chiropodist. If the corn has been removed the pain it caused will cease.

Compressed air, if blown on a small abrasion, will stop the bleeding. It may also be blown into pus cavities, ulcers, or wounds, as the air is free from germs.

Sometimes, in cleaning out a nail groove, a tiny cut is made, so small as to be imperceptible to the operator. As a precautionary measure, it is well to insert a small pledget of cotton into the groove, and apply thereon a drop of Phenol Sodique. This will prevent soreness.

In cases of calloused nail groove or corns between the toes, or in other inaccessible places, use a compound of salicylic acid one dram, camphor five grains, chloral five grains, cerate two drams. In a few days, there is a general disintegration of the callouses, which may then be easily removed.

Soak a piece of cotton in a 1 to 1000 solution of bi-chloride of mercury, and apply it to a hemorrhage resulting from the cutting of a corn or ingrown nail, and in less than ten minutes, the flow of blood will have stopped and the wound be in an aseptic state.

After having dissected deep-seated corns from the plantar surface of the foot, apply shields of moleskin plaster, either of single or double thickness, as the case may require.

Capillary bleeding may be checked by means of the alum pencil.

Papier Fayard, when applied to the inflamed spots from which corns have just been removed, serves to reduce the inflammation.

If you have a particularly soiled area of skin which you desire to clean before operating, use aether sulphuric.

Balsam of Peru and Castor Oil in equal parts is a better remedy for stimulating healthy granulations than anything in vogue.

In dressing an ingrown nail after operating, be careful not to bandage too tightly, as irritation of all kinds must be avoided in order that granulation may be encouraged.

Do not poke sharp instruments into nail grooves. An ebony or orange-wood stick is the most serviceable and safest to use.

A thick piece of felt inserted between the great and second toes will keep these digits apart, after an operation on ingrown toe-nail.

If you want neat-looking shields, get a steel punch at a hardware store and punch uniform-sized holes in the felt, buckskin, or adhesive plaster. It also saves time.

In sterilizing instruments, put a little soda in the water, to keep them from tarnishing.

OXIDATION

It seems impossible that anything should be "burnt up" in water; but the chemical action of ozone on bacteria and other organic impurities in water is exactly like that which takes place when the microbes in air touch a burning gas jet; they are oxidized or burnt up and converted into harmless gases. That is precisely what takes place when peroxide of hydrogen is applied to a hemorrhage, or to a mucous surface.

W. A. MOFFITT CO.

CHIROPODISTS

128A TREMONT ST., BOSTON, MASS.

W. A. Moffitt, H. P. Kenison, M. C. Macdonald, Geo. A. Jackson, all members of Massachusetts' Chiropody Association.

HOW CHIROPODISTS ADVERTISE.

By Alfred Joseph.

When Harry Furniss, the famous English journalist, returned home, after a recent visit to the United States, he wrote a detailed description of his experiences and impressions while en tour. The following paragraph was clipped from his article in the London Strand:

"What impressed me most when I visited New York was the number of chiropodists' advertisements. They confronted me everywhere. Huge gilded models of feet outside the chiropodists' establishments some painted realistically, and many adorned with bunions, seemed everywhere before me as I passed through the streets. If I looked up I saw them suspended from the first-floor window or painted on canvas on the front of a house. If I avoided the shops I was bound to knock up against some gentleman in the gutter encased in a long white, waterproof on which were portrayed the inevitable foot and the name and address of the chiropodist."

It takes a long time for some people to see the error of their ways; and sometimes it takes a club to make them see it; but, taking it all in all, ridicule is about the strongest weapon one can use to make some of those tactless, obstinate chiropodists recognize that there is such a thing as professional courtesy, and to observe the golden rule of "doing unto others as you would be done by."

A professional friend, after reading the article entitled "The Advertising Chiropodist," published in the Pedic Items about a year ago, took it upon himself to offer an argument thereto. He was a strong believer in extolling his ability as a corn-cutter to the public by means of a gaudily-painted sign carried around the streets by a seedy looking old relic, to whom he paid some seventy-five cents a day.

Ever and anon, some foot sufferer would drift in and remark that he had seen Chiro's walking advertisement, and, from this, my professional friend concluded that his method of advertising was profitable.

Perhaps from a monetary standpoint it did serve to bring in a few dollars. On the other hand, it injured his professional standing with all true professional men of all classes. The physician who advertises in the public print that he can "positively cure" this and that, soon finds himself ostracized and shunned by all the reputable men in his profession. And no lawyer, doctor, or educated person who may read his advertisement would even think of patronizing him. He has to depend on the illiterate class for patronage and support, and in ninety-nine times out of a hundred, he finds himself unable to do an honest business, and has to resort to sharp practice to make both ends meet.

"I've had my advertisement carried about the streets for a year, and it has brought me money which I never would have received otherwise," said my friend.

"Of course," said I, "you will never know how much you have lost thereby—both in money and professional standing. Your advertisement praises you to the public, but it is self-praise; and self-praise is a mighty poor recommendation. The way I get my business is by the recommendation of my patients, one to another. As a practitioner, you excel me in skill; but you depend on your self-praise to bring you patronage, while I leave that to my patients to do for me. Did you ever hear of Doctors Johnson, Erff, Jantzen, McDonald, Wedekind, and others in our profession with some class to them, sending out sandwich men to advertise their skill No; of course, you didn't! And they have made more money without lowering their dignity, than you'll ever make, even if you were to place a transparency around every lamppost in town."

What part of my argument it was that made an impression upon him I am unable to say. But this much I do know: For the past six months one sandwich man's job has been dispensed with.

Quite recently I received the following letter, enclosing a handbill, wherein a chiropodist believed lay his road to a fortune:

Dear Dr. Joseph:—Herein is some food for one of your clever articles. If the fellow who got up the circular intended it as a clever advertising dodger, I think he must have fired a boomerang. I've had friends tell me that the profession cannot be much

when illiterates of such type can get in. In answer I said that he intended a misspelled bill to excite comment and talk that would cause his name to become known. But all agreed that such "ads." might go in a mercantile business, but were decidedly out of place in a profession, the practice of which implied education and discrimination; and the lack of the latter, or any inference thereof signifying charlatanism and reflecting on all those in the profession. You know I am a little jealous of the profession, and want to see it elevated quickly.

I almost swear, by chinks, that I will be in the Society this fall.

Yours with best wishes,
A. V. PETERSON.

Here is the text of the handbill:

SUFFER no LONGER
ON YOUR FEET!
A Painless Method Discovered
To get momenthly released of Pains,
Bloodless and Reasonable by the
only European
REGISTERED CHIROPODIST
DR. CORNCUTTER
Corns each 25c.
Ingrown Nails, Bonions, Frost Bites,
Superation, Prowd Flesh and Blood
Poisening Successfull Cured.
Treatement 50c and upwards.

The chiropodist whose name adorns the above circular is a new member of the Society, although well along in years. From his staid demeanor, I cannot conceive that he intended it as a clever advertising dodge. To my mind it is simply an exhibition of gross ignorance, due to a lack of knowledge of the English language.

To those in the profession who believe in advertising, I desire to point out the successful career of Dr. Blank, whose advertising was safe and sane, at the same time dignified enough to attract the attention of select people.

This Dr. Blank was a chiropodist of the old school, who kept right abreast of the times. One day he hit upon the idea of calling on the physicians living his neighborhood and personally requesting them to send to him such of their patients as were suffering from foot troubles.

Every day he managed to visit one or two, and became well acquainted with many of the medical fraternity. Soon they began sending ingrown nail and corn cases to him, and his business increased tremendously—so much so that he found no time at all to continue the visits.

Then his fertile brain conceived the idea of sending special typewritten letters to all the physicians whom he had not yet met personally. In the letter he referred by name to the doctors who were sending patients to him; and soon the letters brought returns. There was no brass-band, circus-poster methods of advertising about Dr. Blank. He maintained a quiet, unostentatious dignity which appealed to the people who had it in their power to advertise him. And they did advertise him. And they advertised him so well that his office was always full of people who sought his services.

Herein lies a lesson. Follow the methods of a successful man. Do your advertising in the same dignified professional manner as did he. Abhor anything that smacks of charlatanism. For you are the man we are relying on for the uplifting of chiropody. Therefore it is up to you to set the example, now, to-day, which shall serve as a standard for those who will succeed you in the profession.

He'd just been left a million
And I know you'll believe it's so,
He's still cutting corns and bunions,
Finds no time to count the dough.

MAUGER & SCHUSTER

Manufacturers of

ORTHOPEDIC APPLIANCES

The Prof. Royal Whitman Brace for Flat Feet and Weak Arches, Constructed from Specially Made Plaster Molds of the Feet.

201 EAST 52d STREEET
Near Third Avenue
New York
Telephone 2471 Plaza.

LOCAL TREATMENT OF CHRONIC INFLAMMATION.

In the treatment of chronic inflammation, not due to a constitutional cause, there are many remedies which may be applied locally with reasonable success.

In the first place, absolute rest of the inflamed part is necessary in all cases where there are pain and congestion. When possible, these are combined with elevation of the diseased part, by means of suspensories or pads placed beneath. This, by facilitating the return of the blood, has the effect of relieving and finally removing the venous tension, which is favored by the absolute rest, and hence is especially important in cases where venous congestion has induced or increased chronic inflammation.

Compression may be applied by wrapping the diseased part with moist or elastic bandages, plaster-dressing, strips of adhesive plaster, or even by covering with modera'e weights (as in compressing swollen inguinal glands). Compression is one of the most important, and, when made to act regularly, is the most certain means of removing chronic inflammatory infiltrations.

Massage is particularly serviceable for getting rid of old infil'rations; it sometimes accomplishes wonders; but this me hod of treatment must be followed with great energy and perseverance.

Moist warmth in the form of cataplasms, con'inually applied, 's also very efficacious, as are also the hydropathic wraps. These are applied by dipping a cloth, folded several times in cold water, wringing it out, enveloping the affected part w'th it, and covering with some air-tight protec'ive, such as oil or gutta percha tissue, and renewing this dressing every two hours or so. The skin, at first much cooled, soon becomes very warm; then the dressing should be renewed, so that the cutaneous vessels are kept active by the change from cold to warm, and are thus placed in the best state for absorbing. In some cases these wraps are very useful.

Among the domestic remedies for the treatment of chronic inflammation may be classed fomentations with lead water, infusion of arnica, camomile tea, etc. Mercurial salve, mercurial plaster, ointment of iodide of potassium, and tincture of iodine are also absorbents whch may be employed alternately in chronic inflammations. The latter especially has proved very efficient when painted over the inflamed area, and, while still wet, driven into the skin by compressed air.

Antiphlogis.ic remedies such as ice, leeches, cups, etc., are rarely used as they are only of slight tempo:ary benefit in chronic inflammations; but in acute attacks they are of much benefit.

efit in chronic inflammations; but in and chronic, the writer has found that petrogen of iodine well rubbed into the skin over and about the affected region, generally effected a cure. Wet dressings of aluminum acetate also do much toward bringing the diseased part to its normal condition.

THE LADY CHIRO.

Adonis entered a hotel,
With a pain in his small toe;
He registered, went to his room,
And called for the chiro.
There entered soon a charming maid,
With a doctor's bag so neat,
She spread the instruments about,
And got busy at his feet.

And when the corn was taken off,
She put her tools away
And then her fee was handed her,
And she bid the man "Good day!"
He must have liked the treatment,
Or his corn must pain him so,
For now he has that chiro
Every week to fix that toe.

XINE CURES WARTS

A Complete and Absolute Remedy Used by Leading Members of the Profession.

A DOLLAR SUPPLY WILL NET YOU FIFTY OR MORE IN FEES. YOU HAD BETTER INVESTIGATE IT. WRITE US FOR INFORMATION CONCERNING OUR PRODUCTS. USEFUL TO ALL CHIROPODISTS.

GEORGES & SON, *Inc., Chiropodists, (Since 1861)*
WASHINGTON, - - D. C.

PRANKS OF A POPULAR PEDICURE.

Everybody in the Eastern District of Brooklyn knows Freddie Schmitt, and everybody who knows him thinks well of him. It may be that his popularity is due to his keeping a large number of the people in a sanitary condition, for Freddie owns the Lee Avenue Turkish Baths; but at any rate, he has countless friends and but one enemy—himself.

Blessed with one of those jovial, congenial dispositions which compels admiration from all who learn to know him, he is ever ready to indulge in a practical joke; and his little den of a chiropody office has been either the scene or the birthplace of many such a one.

It is hardly necessary to say that Freddie has an immense practice. From 7 a.m. to 9 p.m. he is busy removing excrescences from the pedals of the Brooklynites. After that, he starts out to make friends anew.

One night, shortly after nine o'clock, he discovered that he needed a shave in order to make a presentable appearance at a public dinner.

All barber shops close at nine, and with nothing wherewith to shave at hand, it looked as though Freddie was due to miss the banquet.

Suddenly an idea occurred to him. Seizing the telephone, he called up a barber shop about half a mile away, and the following conversation took place:

"Is this Fink's barber shop? (Pause.) Yes? (Pause.) Well, I understand you want to sell your place. (Pause.) Oh, you don't? (Pause.) What will you take for it? (Pause.) When can I see you? (Pause.) If you will wait for me, I'll be at your shop in about half an hour, and we can talk the thing over. (Pause.) All right! Good-bye!"

With a chuckle Freddie grabbed his hat and dar'ed off. In a short time he sauntered into the barber shop where he found the proprietor all alone.

"Why, hello, Fink!" said the suave Freddie, astonishment depicted all over his face. "What are you doing here at this hour?"

"Oh, I'm waiting to see a party," replied Fink.

"Any chance of getting shaved?" asked Freddie, running his hand over his bristly cheeks.

"I might as well be busy as idle while I'm waiting," said Fink. And in a jiffy the popular chiro was in the chair, with lather all over his face. As the shaving process was nearing completion, the barber remarked that it looked as though his man was not coming.

"Maybe he's here already," suggested Freddie, with a twinkle in his eye.

Then the truth dawned on Fink. He gave one long look at his customer, and the single word that escaped from his lips sounded like "Stung!"

It was one of those awfully hot nights which sometimes follow a day of scorching heat, and Freddie was leisurely walking homeward after a busy day at the bath. Not a breath of air was stirring, and soon a most uncomfortable, depressed feeling came over him.

Oh, for a whiff of cool, refreshing ozone! And Freddie's brain got busy. As he walked along he came to a house in front of which stood an automobile. Glancing up, he observed a sign which read "A. B. Blank, M.D."

Without a moment's hesitation, he ascended the steps and rang the bell.

"Is Dr. Blank in?" queried Freddie of the maid.

"He just came in," was the reply.

"Kindly give him my card," said the suave Freddie, with a most winning smile, "and tell him I must see him for a moment."

The maid disappeared, and almost immediately returned, telling Freddie to step into the office.

As he entered, the physician raised his eyes inquiringly.

"Dr. Blank," said Freddie, "I have a case that I want you to see—now—at once. It is late, I know; but the case is of such an interesting nature that you will never regret having seen it."

"Where is it and what is its nature?" asked the doctor.

"The case is in Parkville—near Coney Island. It's nature I leave for you to determine. Will you accompany me?"

"As I have my machine outside, we can make good time," said the doctor, as he arose and took his hat.

In a few minutes they were speeding up Bedford Avenue, with Freddie reeling off the most interesting line of talk to the physician, who was running the car. Soon they struck the

Parkway, down which the cool ocean breeze was giving animation to both men.

As they approached a famous hostelry, Freddie suggested a stop of a minute or so for just one drink. When two such convivial spirits as Freddie and the physician travel together, time flies. The one drink was followed by another, then a slight repast was suggested by Freddie, which, when it was served, turned out to be a dinner. Of course, the dinner had to be washed down and digested. And thus time flew by.

About one o'clock—just three hours after leaving the physician's office—the doctor remembered about the case.

"Oh, yes," said Freddie, inserting his hand in his breast pocket and taking therefrom a pocket-case of chirnoody instruments. "Here it is! Brand new! Very interesting case! So interesting that I knew you would like to see it! Just the same I'm going to pay you for your call! Will five dollars be enough?" and the smiling Freddie drew out his roll.

"Well, I'll be damned!" was all the astonished physician could say. Then the ludicrousness of the whole affair came to him and he sat back and roared with laughter.

From that moment the two men became fast friends; and when they left the table to enter the auto, it was to continue the ride to Coney Island.

Somewhere about daylight, a machine was seen zigzagging along the deserted streets of Brooklyn. In the tonneau, fast asleep, was the physician, while at the wheel, wide awake and happy, sat our friend Freddie Schmitt.

The man who indulges in practical jokes doesn't always score. Sometimes he becomes the victim. A busy individual like Freddie Schmitt, in the course of his practice comes across all kinds of people with all kinds of foot troubles.

Among his patients are the judges, clerks and attaches of the police court a block away from his office. With these people he is on such familiar terms as to address them by their given names. Thus it's "Hello, Charley!" to Judge So-and-So," and "Hello, Pat!" to Senator So-and-So.

One day a policeman came to Freddie bearing a summons to appear in court. The paper contained no information of any kind, and Freddie wondered what the trouble could be. The more he wondered, the more puzzled he became. Could it be that some patient had complained to the Court?

Curiosity turned into perplexity, and perplexity into worriment. At noon Freddie could stand it no longer. Seizing his hat he made a bee-line for the Court, summons in hand. Straight to the clerk he went.

"What's this for?" he asked, flourishing the summons.

"Better ask the judge," said the clerk.

Waiting till the case in hearing had ended, Freddie edged toward the bench.

"Say, Judge," he began, "what have I done to get this?" indicating the summons.

"Freddie," said his Honor in a most serious tone, you are a good friend of mine, and I greatly disliked to be compelled to have you appear before me. But what can I do? I have my duty to perform. And where my duty is concerned, friendship must cease. I will hear this case at the end of the day's calender, so there will be as little notoriety as possible. Regarding the case itself, you will find out all about it when the hearing is on. Be here at 3 o'clock."

Utterly demayed, the usual pallor of his countenance turned a shade whiter, and in this dejected mood, he sought solace in some of Ennie's best brew. At 3 o'clock he returned to court, and patiently awaited his name to be called.

Finally, when all the other cases had been disposed of, and only a few strangers remained, his name was called, and he advanced to the bar.

"Fred Schmitt, you are charged with keeping a sweat shop! What have you to say?"

For a moment he was silent. Then his angelic smile lit up his face and he exclaimed:

"If I could make some of you fellows sweat like I've been sweating for the past few hours, I'd gladly pay for the extra coal!"

CHARLES M. GREENWALD
—Dealer In—
SHEEP'S WOOL INSOLES
576 BROADWAY, N. Y.

Chiropodists gain good reputations by using them on patients with sore or bony soles.

CHILBLAINS.

As the cold weather comes on, many cases of chilblains present themselves for treatment. Therefore, a good knowledge of this most annoying, troublesome disease is requisite in the practice of chiropody.

Chilblains are caused by paralysis of the capillaries, with serous exudation in the tissue of the cutis; they are bluish-red swellings on the hands and feet, whch prove excessively annoying from their severe burning, and itching, and from the occasional formation of ulcers. They result from repeated slight freezing of the same spot, and do not occur with equal frequency in all persons; they are less annoying in very cold weather than during the change from cold to warm.

At night, on going to bed, when the hands and feet become warm, the itching occasionally becomes so troublesome that the patient has to scratch them for hours. In general, females are more disposed than males, and young persons more than old, to chilblains. Employments requiring frequent change of temperature particularly predispose to them.

For the local treatment of chilblains, the following are some of the remedies which have proved beneficial: Salve of white precipitate of mercury (one dram to the ounce of lard); frictions with fresh lemon-juice; painting with nitric acid diluted with cinnamon-water (one dram to four ounces); solutionof nitrate of silver (ten grains to the ounce). Sometimes one answers, sometimes another; hand or foot baths with muriatic acid (about one and a half ounces to a foot bath, use for ten minutes) and washing with infusion of mustard-seed, are also celebrated.

If the chilblains open on the top, they may be dressed with ointment of zinc or tincture of benzoin. There are so many remedies for chilblains that it behooves the members of the profession to experiment in a therapeutic way until they discover the most potent ones.

The chiropodist who has something on his shoulders besides tailor's padding is bound to succeed in his calling. Therefore, study like the devil, and keep on the level.

CHIRO'S BRAVE RETREAT.

A chiro went uptown one day,
On a professional call,
He got into a Turkish bath
Full of ladies—that's all.

The women screamed and ran away,
They wouldn't linger there,
So, the poor, frightened chiro ran
Around, he knew not where.

He landed in the solarium,
He wilted like a rag,
It looked indeed, for all the world
Like an old-time game of tag.

Soon he escaped through a little door,
He now was in a hole,
But bravely he kept plunging on
Through tons and tons of coal.

A friendly engineer then did
Direct him to the street
And that's the story of how he made
His valorous retreat.

Without his hat, minus his bag,
Full of coal dust and of grime,
He stood on the public highway,
On Monday at noon time.

The moral is: That some don't know
When they have a lucky day;
If that had only happened to me,
I'd have run the other way.

STUDY THE SKIN.

The work of a chiropodist does not extend below the level of the skin. Consequently, a thorough knowledge of that organ in health and disease, should be included in the curriculum of every person practicing chiropody.

Some of the best and most instructive books on the skin have been written by L. Duncan Bulkley, M. D., the eminent specialist on skin diseases. These can be procured from M. Nachbar, 344 Manhattan Avenue, New York. The prices range from $1.25 to $5.00.

OBITUARY.

We regret to anounce the deaths of the mothers of two of our esteemed members, George Erff and Max Nachbar.

MY START IN CHIROPODY.

By a Lady Chiro.

The manner in which I drifted into the profession of chiropody was so unique that a description of how I began, and my subsequent success are well worth relating.

Five years ago I was sent to Miami, Florida, for the winter season, as an expert manicure and hairdresser. At that time the Marcel wave was all the rage, and as I disliked hairdressing, I charged $1.50 for each head. As the price did not seem to discourage patronage, I raised the ante to $2, and still they came. Money just rolled in, and my employer was reaping a harvest.

One day, a gentleman came in and asked to have a corn cut. My employer turned to me and said:

"Have you your instruments with you?"

"I did not expect to do any chiropody here, so I brought only a knife," I replied.

As I had never cut a corn, I knew nothing of the procedure, but I was willing to try. I was ready to do anything but hairdressing which I abominated. So I produced an old short-bladed knife with which I cut twine and paper and even wood, and thus equipped, I advanced to meet the troublesome corn.

To this day I don't know how I did it, but I did just the same. Without antiseptics, implements, or chiropody appliances of any kind, save that old dull knife, I actually succeeded in removing that corn, and not a drop of blood was spilled, either.

When the job was finished, and the man had put on his shoes and stockings, he declared it was a fine relief and I felt as proud as a peacock.

"What's the charge?" said he.

"Three dollars," I replied.

"I never paid over a dollar in Cincinnati," he growled, taking out his pocketbook.

"Well," said I, putting on my best smile, "you're a long ways from there," and I took his three greenbacks as though it was second nature with me.

The next day a lady came in with a little girl. The latter had a bad ingrown nail, with a swollen bunch of proud flesh around it. As I had never seen anything like it before, I told her to apply poultices to the toe. Not so bad for a novice, was it?

"That's just what I have been doing," she said.

"Oh," I murmured, "in that case, I'd better operate at once." And with a manicure scissors I cut out the ingrown part of the nail, and, if I do say it myself, it was no slouch of a job, either. Anyhow, the little girl felt no pain when she left my place, and I began to think myself some pumpkins as a chiropodist.

From that time I took up chiropody in earnest, and the more I did of it, the better I liked it. Then I studied the theory of chiropody, and bought the best books, instruments, and materials obtainable, and as a result I have a practice to-day which compares favorably with that of any lady in the business.

POLITENESS PAYS.

On Broadway there was a fellow
  Who was just too awful smart,
With his flippant way of talking,
  He often broke a patient's heart.
He was working for a chiro,
  In a busy little hive,
At corns he was an expert
  Yet he never seemed to thrive.

A block or two down on the line,
  Was a chap who was polite,
To hear him talk to patients
  Was a genuine delight.
He, too, worked for another,
  And his business did increase
The hours were long and tiresome,
  But he always tried to please.

To-day that chap has thousands,
  And his income is sky-high,
And his manner's just as pleasant
  As it was in days gone by.
It's an idle, trifling story,
  And you doubtless think it flat
But its moral might be pasted
  With some profit in your hat.

Hotel Guest (to boy who has answered the bell)—I want the boots. Your's not the boots, surely!

Boy in Buttons—No, sir; I'm the socks.

Guest—Socks! You impudent young rascal! What do you mean?

Boy in Buttons—Why, you see, sir, I'm under the boots.

THE OLD TIMER'S TALK.

"It's surprising to me," said the old-timer, in the course of a recent conversation, "what a queer conception some chiropodists have of this business.

"Not long ago, one of my traveling patients called on the chiropodist of one of the leading hotels in Chicago for the relief of a corn on his little toe. This particular patient is one of those men who ask questions such as: 'Why are you spraying that liquid?' 'What does it contain?' etc.

"He had been accustomed to asepsis; and, when the Chicago operator began to scrape at his corn without having first applied an antiseptic, the patient at once realized he was in the hands of a fakir. Nevertheless, he determined to stick it out.

After a few more scrapes the callosity was partially removed, the nucleus of the corn remaining untouched. The operator then adjusted a shield, after which he started in to do his best work. This, my patient said, consisted of trimming, cleaning and polishing the toe nails to such a nicety as would compare favorably with the work of an expert manicure.

"When the work was completed the patient put on his footwear, and found that his corn hurt more than before. Annoyed at not having obtained relief, he berated the chiropodist for his lack of skill, pointing out the latter's non-use of antiseptics before operating, and ending his remarks by saying that he did not come to have his feet beautified, but simply relieved of pain.

"Now, I know of quite a few members of this profession whose conception of chiropody is on a par with that of the Chicago operator. To them the most important duty to their patients lies in making their feet look nice. As a matter of fact, people visit a chiropodist to obtain relief from aching corns or painful nails. They do not care whether or not their toe nails are polished, so long as they are pain-free on their feet.

"There are others practicing chiropody who make a mere pretense of cutting corns. They shave off a trifle from each corn or callosity, and then put on shield after shield, until the foot has the appearance of an ancient sandal depicted in biblical illustrations.

"Of course, the shields surrounding the corns offer a protection for a very limited time; but when the patient has recourse to a bath, the shields come off, and then the corns begin to ache again. This is what I call punk chiropody by punk chiropodists.

"There is still another class of chiropodists who use the knife sparingly. They cut off just enough of the corn to relieve the pain. Then they haul out some scented oil or cocoanut butter and thoroughly massage the feet. This imparts a fine feeling to the nether extremities; but it is not chiropody. It is simply a subterfuge to hide their deficiencies as chiropodists.

"Now, there is only one way to treat the feet, and that is the correct way. If a patient is suffering from a badly inflamed corn, cut off as much of the corn as you can, then apply a remedy for the inflammation Make use of the antiseptics and follow the rules as proscribed by the Pedic Society.

"If a patient is afflicted with a disease of which you are ignorant, do not look wise and pretend that you can cure it. Send him to a reliable physician. Do not try to be a cure-all. There are enough quacks, and charlatans abroad now. Remember that you are a chiropodist, and, as such, it is your duty to do all you can to uphold the law of the commonwealth, and to enhance the profession of which you aim to be an honored member.

HENRY FRAHME
TRUSS MAKER
1499 THIRD AVENUE, N. Y.
Bet. 84th and 85th Sts.

Chiropodists are allowed a Commission of 25 per cent. on all orders.

Abdominal Supporters.
Elastic Stockings.
Shoulder Braces and Orthopedic Work.
Insoles for Flat feet.
All Work Guaranteed.
Two Lady Attendants.
Hospital Work a Specialty. Hours, 8 to 8.

INTERESTING AND INSTRUCTIVE.

How is Your Albadaran?

The sesamoid bone of the metatarsophalangeal joint of the great toe is called Albadaran. In ancient times the Rabbis and Magicians attributed extraordinary virtues to it.

Septic Defined.

Septic means anything which produces putrefaction; a substance which corrodes and disorganizes the soft parts without causing much pain.

One Use of Chemistry.

A knowledge of chemistry is of great importance to the physician. Many of the functions are of a chemical nature; many diseases require a chemical mode of treatment; and, without an acquaintance with it, two or more substances might be given in combination which, by forming a chemical union, might give rise to other compounds, possessing very different virtues from the compounds taken singly, and thus the prescriber be disappointed in the results.

Cells of the Human Body.

The human body is composed of many small parts, called cells. Each cell is a small portion of a transparent, jelly-like material called protoplasm. Usually a cell has a thin wall about it, so that it is like a litte sac filled with a clear, half-liquid substance. In each cell is a nucleus, which is a denser portion of the protoplasm. Both the nucleus and the less dense material around it take in food and grow; both of them are alive. Taken together, they are the protoplasm, the living substance of the cell. So tiny are cells that it would take 2,500 of them to make a row an inch long.

Physiology of the "River of Life."

The function of the blood plasma is to carry foods and wastes, and to form a liquid in which the corpuscles can float about in the blood vessels. The function of the white corpuscles is to kill the disease germs which get into the body among the cells. The function of the red corpuscles is to carry oxygen and to assist the plasma in carrying carbon dioxid. The function of the lymph is to receive food and oxygen from the blood and pass them on to the cells, and to receive the waste from the cells and pass them to the blood.

A Bit of Chemistry.

All matter is composed of molecules that are built of still smaller particles called atoms. Elements have only one kind of atoms in their molecules. Compounds have two or more kinds of atoms. There are about eighty elements and thousands of compounds The latter are often very different from any of the elements of which they are formed.

Muscles and their Functions.

The muscles number more than five hundred, and make up more than two-fifth of the body weight. They move the body, help inclose the body cavities and assist in binding the skeleton together. The two classes of muscles are the voluntary and involuntary. The nervous system controls the muscles and causes them to work together in a wonderful manner.

The Use of the Arch.

The arch of the foot, the curves of the spinal column, the cartilages in the skeleton, and the half-bent knee joints keep the brain from being jarred while walking or jumping.

Temperature of the Body.

The temperature of the healthy human body is always near 98½ degrees. In sickness the temperature may rise too high or fall too low. The chief trouble in fever is that not enough heat is lost, the sweat glands usually failing to work. In a chill the blood is cut off from the skin.

Burns.

In a burn the skin should not be torn, but the wound should be covered from the air.

Bacilla.

Disease germs cause the death of over one-half of the human race. They are spread from the bodies of those suffering with germ diseases, enter the body in various ways, and cause disease by producing a poisonous toxin.

Rheumatism.

Acute rheumatism is a germ disease. Some think that is caused by a pus-forming bacteria growing in the joints, and others hold that it is caused by a very tiny germ of its own. When this disease attacks the valves of the heart, it is often fatal.

Chiropodist Collects Bill of $20 for Actor's Toe.

Actor Nat Goodwin's trunks were seized at Detroit recently on an attachment sued out by a chiropodist to enforce payment of a bill of $20.

Mr. Goodwin's trouble was a corn, and he called in Dr. Marcus Scheer, a chiropodist. Dr. Scheer labored over the actor's toe for five hours and charged his regular fee of $4 an hour. To Nat Goodwin the time seemed only twenty minutes. Neither party avers that he held a watch on the fleeting seconds.

Anyway, the corn grew worse instead of better. The doctor was to return and do some more to it, but Goodwin became angry as the hour of noon drew near, and called up the doctor by telephone and told him he needn't come.

The doctor also was angry, and rendered the actor a bill by telephone of $20. Goodwin said he wouldn't pay. Dr. Scheer sought a lawyer. Goodwin's manager paid.

REMEDY FOR PRICKLY HEAT

In many persons the eruption known as prickly heat comes from the corrosive action of the acid perspiration. It is worse whenever the clothing has an opportunity to rub the skin. In cases of persons having delicate or thin skins much relief may often be obtained by applying a lather of soap and letting it dry in. The soap is sufficiently alkaline in its nature to neutralize the acid of the perspiration and stop its corroding effect. The soap used should be of the finest kind. As a rule chafing is due to the same cause, and can be cured by the treatment mentioned. Some persons find the use of soap much more beneficial and satisfactory than that of vaseline or oil of any kind. The oil acts merely as a lubricant, and to soothe the inflammation. The soap does the same but also removes the cause of the trouble to a great extent. In applying the soap to infants, extreme caution should be used. Only a small surface should be soaped until certain that no injurious results follow. Some persons get relief from bathing with a weak solution of bicarbonate of soda.

ANOTHER FAKE TEACHER.

We have before us a communication from one of our readers which tells of a certain chiropodist who received some $60 for instructing a pupil both in theory and practice.

Judging by the answers to the questions, it looks very much to be a case of the blind leading the blind. Here is a sample:

Q—How treat proud flesh? A—With Monsell's Solution.

Q—How treat soft corn? A—Apply Ethyl Chloride.

Q—What is a symbol? A—Oxygen and peroxide.

Q—What is proud flesh? A—A grain causing a sore.

Q—How treat an ingrowing nail? A—Cut V-shape in center of nail.

Of course, it is readily discerned where the student will come off. He will probably go to two or three Pedic Examinations, and when he has failed to pass, will awaken to the fact that his mentor sold him a gold brick.

WAS IST A SHEEROPODIST?

A group of Germans were gazing at the new sign of the chiropodist who had just opened an office in the neighborhood thickly populated by the subjects of the Kaiser.

"Was ist dot—sheeropodist?" asked one puzzled Heine.

"Oh," said Smartmeyer, "dot is a man vot stuffs birds!"

STUDY YOUR PROFESSION

Do you desire to excel in Chiropody? Do you want to learn how many diseases of the foot should be treated? If you do, study the "Text-Book of Minor Surgery," by Edward Milton Foote, A.M., M.D. There are 750 pages with 407 engravings from original drawings and photographs. The price is $5.00. The volume can be obtained from Dr. Max Nachbar, 344 Manhattan Avenue, New York.

In collating the copy for this number, we came across a manuscript so badly penned that we were compelled to return it to the author for revision. By return mail he sent the following note

"My Dear Editor: When that manuscript was written, God and I knew what it meant. Now God only knows.

"CHEERFULNESS"

Who is it that does not like the cheerful man in any profession? Cheerfulness we know is contagious; it calms the nerves, improves the circulation, puts the patient in a favorable condition to respond to treatment.

Cheerfulness helps put your patient and yourself en rapport. The cheerful man does not communicate his own weariness. In a profession such as we follow, he does not exaggerate the gravity of the case in order that a cure may make his skill seem greater than it is. He does not weary by long recitals, of the many dangerous cases he has handled—successfully.

There is one tonic that every patient needs in heroic doses. It is compatible with every form of treatment—that is cheerfulness.

To the man that has an atmosphere of hope, confidence, good humor, and makes it a habit to take a cheerful view of things, it is instantly imparted to the sufferer, who comes to him to seek relief, and when he goes about his work, with an air of confidence and efficiency, and sure of a favorable outcome, his optimism takes hold.

No one realizes, until they have been there themselves, what agony and suffering can be produced by foot disorders, and the strong, radiant, cheerful being, who understands conditions, sympathizes with suffering, and gives to his patient that confidence which is absolutely necessary to a successful treatment.

It pays in every case to take the cheerful view. Cultivate optimism. You are in a profession where a large number of your patrons are more or less on a nervous tension, caused by their suffering, and it is due them that you should preserve your poise and self-control, and by your skill and attitude toward your patient, the best is sure to happen—anything is possible.

E. S. W.

SOME EXCELLENT ADVICE.

By An Old Veteran Chiropodist.

—Be agreeable and gracious to your patients without being familiar.

—Always respect the personality of your patient.

—Endeavor to make every patient your friend.

—Carefully consider every case, and tell your patient what you think should be done.

—Do your work with precision and gentleness.

—Do not assume that you know it all and the patient nothing. The laity are not as stupid as generally assumed.

—Take the patient into your confidence, and regard his wishes or preference for a certain kind of dressing or shield.

—Do not deem it unnecessary to explain to the patient the exact nature of his case.

—Be possessed of sympathy in all your operations.

—Do not figure on how much you can make out of any one patient, but rather how many of his friends he will recommend so as to extend and widen the scope of your practice.

—Do not show resentment if a patient shows fear, or doubts your ability; this doubt or fear is probably based on previous experience with inexperience.

—Let well enough alone.

WAPPLER'S WONDERFUL ELECTRIC CONTROLLER.

This little ingenious compact electrical apparatus is a necessity to every up-to-date chiropodist. It does so many wonderful things that the patient sits in amazement, and afterward tells his friend what a progressive man his chiropodist is.

The apparatus throws a fine spray of antiseptics or current of air. Secondly, it has a suction pump for cupping. Thirdly, it has a massage attachment. Fourthly, it furnishes illumination for diagnostic work. Fifthly it has an electric cautery attachment. And last, and most important of all, it has a surgical drill for the grinding out of inverted or club nails.

The motor can be used on either the alternating or direct current, is a splendid office fixture, and, by its compactness, can accommodate itself anywhere. For a descriptive circular, send to Wappler Electric Controller Co., 177 East Eighty-seventh Street, New York City. Mention that you saw the advertisement in the Pedic Items.

"THOU SHALT NOT STEAL!"

By Alfred Joseph.

One of the most despicable forms of petty larceny, breach of trust, or lack of honor (call it whatever you choose) is that which is practiced by some of those members in our profession who, through lack of executive ability, or business acumen, or enterprise on their part are compelled to work for another, instead of branching out for themselves.

At the outset of their chiropodial career, they run their legs off traveling from office to office, until they finally land with some busy chiropodist. Then it takes some time to "break in," and they discover that they knew practically nothing about the business, and are thankful to the old chiropodist for teaching them the "ropes."

In the course of time, they find themselves qualified to treat the regular patrons of the establishment, and in reality become good operators.

Suddenly they discover that they are of some importance, and as a result become afflicted with an enlargement of the cranium, commonly called "swelled head."

The next discovery they make is that the "boss" is taking in from $20 to $30 a day, and all that they are receiving is about $3 for a day's work. Then their feeble brain begins to work, and scheme after scheme presents itself, only to be shunted aside, because of the lack of courage.

In many instances, they have saved up a few hundred dollars for the specific purpose of starting a chiropody establishment of their own. But when the test comes, they are possessed with that fear of failure, and decide to hold their position.

Then an idea is born in their Bonehead Barry brain. Why not take the names and addresses of the patients who patronize their employer's establishment? Great idea! And surreptitiously they begin entering these into a book for future use.

When they have accumulated a goodly number of these—and I know of an instance where 5,000 or more names were collected in this manner—they feel that the time has arrived to begin business.

Putting on a most independent air, they approach their employer, whose business they seek to undermine, and inform him that they intend to start for themselves. The latter is sorry to lose their services, and so expresses himself; for he is totally ignorant of the base ingratitude and treachery of his aide. But he soon learns the truth, from his patients who have received announcements from his former clerk, relative to his having opened an office "for the treatment of all foot diseases."

Naturally, the old-timer loses some patients by this most picayune form of larceny, but others come in their stead. Thus the new beginner gains a few people, but at what cost? If he ever had any manhood in his make-up, he should blush with shame at the thought of his sneaky action. It is far better never to go into business for one's self, than to resort to a low-down trick in order to make a start, and ever thereafter be forced to bow one's head in shame.

Not very long ago, a party came to my office, in an endeavor to get me to enter into a partnership with him and open an office downtown. I listened to him for an hour, as he painted rosy word-pictures of a well-thought-out prospectus, and never once interrupted him. This man is employed by another, and among the things he told me was that he had taken the names and addresses of the patients of the office, some 5,000 in number.

He also assured me that it would be unnecessary for me to put a dollar into the enterprise, as he had sufficient capital of his own. But I declined to have anything to do with the proposition. And he couldn't understand the reason; and I didn't care to tell him. But he was persistent and was starting to reiterate, when I interrupted him.

"The man that isn't honest with his employer, couldn't act square with his partner," I said. "To put the thing straight, you stole some 5,000 names and addresses from your employer. Now, in beginning business, you are going to send circulars to these people. That's an act of dishonesty, and no business can hope to succeed that is born of dishonest methods."

My visitor flushed and tried to show me that my way of looking at it was wrong; but when he saw he couldn't change my opinion, he soon took his

thinks of me for expressing my views so strongly, and what's more, I don't care.

Very recently, another case of name stealing came to my notice when a member of the Society called me up and told me that the young man he had had in his employ for four years or more had started into business for himself, and the very first thing he did was to send an announcement to that effect to every one of his former employer's patients.

Of course, the old-timer's feelings were ruffled to think that the confidence he had bestowed on his employee was violated to the extent of having the names and addresses of his patients stolen.

But that same thing has happened in the past, is taking place at the present time, and will doubtless occur in the future. As long as men have ambition, with a sense of honor and justice and gratitude undeveloped, such occurrences will be recorded.

Every one of us has his little vices and faults. None is perfect. But for the few years that we are struggling to keep our heads above water, it is only proper and right that we act upon the level with our fellow beings. Then there can be no "comeback"—no words of scorn and sarcasm hurled at us.

And when the time comes to us which must come to all, we can leave this little old globe, satisfied that we did our share toward upholding our belief in the Fatherhood of God and the Brotherhood of Man.

STRAY THOUGHTS.

Chiropody employed by one generation has always seemed absurd to the second generation thereafter. May it ever be thus, for it is always getting be'ter!

There is no end of fun minding your own business—it makes other people like you.

Nobody gets stuck on a knocker.

Those who never do any more than they get paid for, never get paid for any more than they do.

Some think it's the man with the pull that gets ahead. We think it's the man with the head that gets the pull.

CLEANLINESS.

By Ed. S. Walch.

We have no doubt seen cases, where, through the neglect of the operator septic poisoning has been produced. Hence it is imperative that absolute surgical cleanliness be obtained on the part of the chiropodist about to operate.

First, the hands should be brushed energetically, using hot water and green soap. A thorough cleansing of the nails is of the utmost importance. We know that in the past the ignorance of the laws governing surgical asepsis was the cause of much suffering, and it ought to incite every conscientious operator to use every precaution science and experience has given him to prevent suffering. We can only do this by careful attention to our own actions, and by instructing our patrons in regard to the possible results of carelessness. Many persons die from having poisoned themselves in trimming their corns with an infected knife or razor. If they had been told that the parts should have been washed and the instrument boiled, they would not have fallen victims to that most potent of all agencies destructive to human life, viz., ignorance.

As the successful procedure of every case depends upon the proper sterilization of the instruments, the field of operation, and the dressings, it is quite fitting that cognizance should be taken of it, in a paper of this nature.

Instruments should consist only of metal, and should be without indentations of any kind. They should be constructed as simply as is consistent with the purpose for which they are designed. The only sure and safe method of sterilizing instruments is to place them in a suitable vessel (which should be always at hand) and boil thoroughly for five minutes in a 1 per cent. solution of soda, and when removed and cooled they are ready for use. This seems to be the most convenient as well as the surest method. In pus cases a greater precaution should be observed, and the rules and regulations governing the use of antiseptics in chiropody issued by the Pedic Society should be in the hands of every operator.

BE HONEST AND UPRIGHT

By R. P. Jantzen

Some time ago, at a meeting of the Society, a paper was read advocating the adoption of a code of ethics. By ethics is meant a particular system of principles and rules concerning duty.

When a person enters the profession of chiropody, he should have for a standard a certain number of fixed rules from which there should be no deviation. In our practice, as well as in all our actions, we should strive to do right in every thought and action.

I am sure we are all honest enough to conform to the rules of justice, as understood; and our actions, when scanned by the knowing and watchful eyes of the public will be considered just and proper in all cases.

Let us hope that the time is not far distant when we can adopt a written code of ethics which every bona fide chiropodist will not only recognize, but live up to.

In the meantime, every one must formulate for himself a code of ethics and honestly live up to it. That is what every honest and upright chiropodist has done and will continue to do. He has always been just and fair in his treatment of his compeers.

But there are some who have not had the benefit which membership in the Pedic Society confers. The good example set by the officers and members has caused many a person with limited ideas and notions to cast his own aside and follow those set before him.

Those who frame and follow their own code are generally of that class which can see no further than the end of their noses. Their limited experience and poor judgment constitute the horizon line of their vision. To them, nothing lays beyond. They can cut a corn or remove an ingrown nail; and the dollar or two they receive as a fee is about all they care to know of chiropody.

This state of affairs makes it possible for all sorts of abuses to creep in and hamper the honest and upright chiropodist in his desire to elevate the profession and assist in the attaining a higher standard of professional dignity.

There are many reasons why we should, at the earliest opportunity, adopt a written code of ethics, based on equal rights and privileges of every person in the profession.

Nowadays, if a patient mentions to the chiropodist treating his feet, that he formerly patronized Dr. Blank, it is an even chance that chiro will begin to "knock," or run down his method of treatment.

With the recognition of a code of ethics, the chiro, instead of knocking, would be bound to either say something pleasant of Dr. Blank, or make no comment at all. At least there would be no "knocks" forthcoming.

It is a poor policy for any professional man to comment on another's treatment, excepting in the nature of an indorsement. Bear in mind that the patient comes to you for relief. He had been to Dr. Blank and failed to obtain it. It may be that you will not do as well as he did. So where do you come in to talk disparagingly of your fellow chiropodist?

The man who talks ill of another sooner or later comes to grief. Not only does he lose the respect of the man he criticizes, but the patient has little sympathy with a "knocker."

Stick to the Golden Rule which is the basic principle of our code! "Do as you would have others do unto you."

Self-possession and self-reliance are the most important elements of success. There is nothing that will cause people to think more of you than to see that you understand your business.

When any strange case comes to you it is no discredit to you to send the patient to another chiropodist, or to a surgeon for treatment.

Be honest in all your undertakings. That's the way to obtain and to hold the good opinion of your professional brethren as well as that of your patients.

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THE OLD-TIMER RELATES A ROMANCE.

"It would seem that a chiropodist's office is the last place on earth one would look for a romance," said the old-timer, in one of his reminiscent moods, "but I can relate the beginning of such an event, in which Cupid was a prime factor.

"Some years ago, I numbered among my patients a very pretty girl of about twenty. Pleasing to the eye, and blessed with a fine intellect, she was one cheerful soul whose presence brightened the surroundings. Joy and enthusiasm bubbled from her constantly, although at times she suffered intensely from the many painful corns on her feet.

"Once a month, with marked regularity, the young lady came for treatment; and how she always thanked me for the relief she obtained! As I became better acquainted with her, I used to greet her appearance with the query: 'Married, mum?' And her reply generally took the form of another query, viz: 'Who'd have me anyway?'

"Somewhere in every romance a man must figure, or it couldn't be a romance. In this case the man was a good-looking, neatly-dressed bachelor of about forty. For quite a few years I had been treating his feet, and early in our acquaintance I had put him down as a crusty old bachelor, who never talked, but growled rather in monosyllables. He was an officer in some large corporation.

"There was nothing romantic about him. He never smiled, even. And how under the sun the thing happened, puzzled me until at last I learned the entire story.

"It happened one day that the girl and the man were both in the waiting room. She had entered a few minutes before him, and of course would be treated first.

"When he came in and saw there was somebody ahead of him, he took out his watch, glanced at it, and stood there a moment in hesitation.

"The girl, seeing the action, was equal to the emergency. With a most winning smile, she said:

"'If you are in a hurry, I don't mind waiting in the least.'

"'Oh, thank you,' he said, as he removed his overcoat and hung it on the rack. Then he sat down and actually began to talk—about the weather, and then on other topics. And soon her lively chatter became infectious, for he actually laughed. For two persons who had been total strangers only five minutes previous, they seemed to be carrying on a very animated conversation, considering both were suffering much pain in their nether extremities.

"Finally it came his turn to be treated, and as I worked, he began asking questions:

"'Who is that young lady outside?'

"I told him her name, and how long she had been coming here. Then he relapsed into silence. He seemed to be thinking.

"When I got through with him, he returned to the waiting room and again thanked the girl for her courtesy. Then he left.

"As I began cutting the corns of the young lady, she inquired:

"'Who was that man?'

"I gave his name and such other facts about him that I knew, and dismissed the subject from my mind.

"The next morning, I was surprised to see as my first visitor the man. With a smile he advanced toward me, then hesitated as if embarrassed. Finally he said:

"'Would you kindly give me the address of the young lady whom I met here yesterday morning? You see, she did me such a good turn that I desire to reward her by sending a box of candy, or perhaps——'

"'Why certainly, I'll give you her address,' I interrupted. And he was careful to write it down in a little memorandum book.

"Then I forgot all about the occurrence. Every month regularly both the girl and the man came to me, but at different times. They never met again at my office. So two years passed.

"At last, one day, the girl came and in answer to my query of 'Married, mum?' she put out her hand and displayed on the fourth finger a wedding ring. Then I asked her her new name; and when I heard it, and realized it was that of the man—the solemn sombre individual who never smiled—never talked—I could hardly believe it.

"But she recalled to my mind the occasion on which they had met at my office. Then he had sent her a letter of thanks, and a box of candy, and then—well, they are married now, and what's more—very happy. And both seem to look on me as Cupid personified—when in truth I'm only the man who treats their feet."

A UNIQUE EXPERIMENT.

The possibility of boiling and freezing water at the same time in the laboratory is one of the most interesting developments of modern science. The temperature at which water boils depends simply in the air pressure above its surface at the time. If there is high pressure, the water has to be made a good deal hotter to boil than at a low pressure.

On mountains where the air pressure is a good deal lower than at sea level, water boils easily at low temperature. In cooking vegetables that require a certain degree of heat and where the water boils before that degree is reached the vegetables will not get done. They consequently have to be put into a closed boiler so that the generated steam will create enough pressure for the water to boil at or beyond the required temperature In the experimental proof of this fact, water is placed in a vessel and the air exhausted from above the surface of the water. As the process of pumping goes on the water will violently boil, the steam congealing on the sides of the exhaust vessel. If the pumping is continued long enough and the outside is cooled below the freezing point of water, the water will continue to boil and bubble until it is frozen into a snowy mass of ice.

This fact is also made use of in taking a rough test of the height of a mountain. Ordinarily, at sea level, where the pressure is about thirty inches of mercury, water boils at two hundred and twelve degrees Fahrenheit. Now if it is noticed that at a certain place it boils at a few degrees lower the height of that place can be easily ascertained by comparison with a table made out for this purpose. In general for every degree the boiling takes place under two hundred and twelve, a height of about five hundred feet is counted.

Of course, these principles do not apply to water alone, but are characteristic of all liquids.

A PATIENT.

Mary had a little foot
As cute as it could be,
But when she donned
A little boot too small by
Sizes three, she soon had
Troubles all her own,
And then she came to me!

WATER.

Water is a true and natural food for man.

It does not supply energy, but it is absolutely indispensable, for, without metabolism is impossible.

Thirst is merely the craving of the tissues of the body for their supply of fluid. Water is the only fluid really demanded when this sensation is felt.

Water forms a part of almost all foods. Two-thirds of the weight of the body is composed of water.

Nine-tenths of our body-cells are aquatic and can live only in a salt solution. Dry them and they die at once.

Absolutely pure water, (that is, that substance composed of oxygen and hydrogen and represented by the symbol H. O.) is never found in nature and is never seen except in small quantities in a chemical laboratory.

Water contains more or less gases and salts gathered up from the earth through which it comes.

Water's work for the body is to help it distribute to it through the blood the desirable elements needed and to assist in carrying off the undesirable ones. Ninety per cent of the blood is water.

It is wise to drink much water each day in order to assist nature in her work.

The body also loses daily much moisture through perspiration. The body is therefore calling constantly for water to replace this.

People are advised to drink at least one quart of water a day. Even more is better.

Boiling water four hours frees it from bacteria and from hardness.

When we realize that without much water being drunk, nature's various tasks in the human body cannot be perfectly performed, we readily see how necessary it is for us to give plenty of water to our bodies each day.

SURE OF HIS WHEREABOUTS.

A young man fell into a state of coma, but recovered before his friends had buried him. One of them asked what it felt like to be dead.

"Dead!" he exclaimed. "I wasn't dead. And I knew I wasn't, because my feet were cold and I was hungry."

"But how did that make you sure?"

"Well, I knew that if I were in heaven I shouldn't be hungry, and if I was in the other place my feet wouldn't be cold."

A SURE CORN!

An old gentleman called a few day's ago, saying: "Your fadder took for me oud a corn dwenty yar ago. I had no bodder mit him since. But dis ting he hurt me awful."

The offender was removed en bloc (as the autoist says of some cylinders).

It measured one-half inch long, three-eighths wide, and five-sixteenths of an inch thick. Under this was an abscess measuring one-eighth of an inch across, and all of that in depth, which I cleansed and dressed

Some people shave corns. What would they do with this one? It is as hard and horny as a club nail.

CHARLES F. STEVENS.

CHINESE BARBERS DON'T LATHER.

"One of the chief trials of the average man is the way his razor pulls when he proceeds to erase the beard from his face." remarked a naval man. "Sometime ago I was in China. and I noticed that the cunning barbers of that country instead of putting lather on the faces of their customers used a number of hot towels instead. I went through the experience and became quite a convert to the Chinese system. To this day when I go to shave, in lieu of soap, I steam my face with hot water, and find that this method takes all the wiriness out of the whiskers far better than lather, so that if the blade be reasonably sharp one can shave without any torture incurred in the 'pulling' process."

20,000,000 CORNS COMING

Science has discovered that the inactivity of 2,000,000 people of the South has been due to a disease brought on by the hook-worm getting into the system through the drinking water, the eating of uncooked fruit and vegetables, and the going barefoot of the afflicted.

Whites and blacks are alike affected and a general feeling of lassitude overcomes the sufferers. It is proposed as a phrophylactic measure, to supply the inhabitants of the Southern States with 10,000,000 pairs of shoes, and in that way exterminate the hook-worm.

As each shoe is apt to produce at least one corn, the crop may be readily estimated to run up into millions.

Balsam of Peru is vacid like syrup or honey, of a dark-reddish-brown color, a fragrant odor, and a warm bitterish taste, leaving when swallowed, a burning or prickling sensation in the throat. When exposed to flame it takes fire, diffusing a white smoke and fragrant odor. containing rosin, volatile oil and both benzine and cinnamic acids.

It is properly considered a balsam, though somewhat altered by heat. It does not harden when exposed to the air, completely soluble in absolute alcohol, chloroform and glacial acetic acid only; partially soluble in ether and petroleum benzine; soluble in five parts of alcohol with not more than a slight opalescence; as an external application it has been found beneficial in chronic indolent ulcers.

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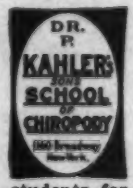

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PAPA'S CORNS.

Say, you oughter be around our house
when pa's feet begin to ache.
Gee, you'd think he was a roaring
lion, or else a big earthquake.
Ma says he gets the Willie's, and that
he'd better go
And buy shoes to fit and his feet won't
hurt him so.
And then that makes him madder, and
he rips and tears around,
Until ma she has hysterics—and then
he goes downtown;
But at night he comes home smiling,
and we don't know what to
think;
He's changed so since the morning ma
spec's he's had a drink.
And later on he tells her, what the
joy is all about.
He's been to the Ki-ro-podist, and had
his corns took out.

HEALING IN OLD TIBET.

Used Methods 1,500 Years Ago That Are in Practice Now.

A Tibetan handbook of medicine which was known and used 1,100 years ago, described drugs and cures which European physicians "discovered" many hundred years afterward.

Thus the doctors of Tibet so many centuries ago were not only acquainted with the secrets of the entire human anatomy—how many bones there are in the human body, etc., the principal nerves, namely, ninety-nine—but knew that the skin contained 11,000,000 pores. According to this venerable book, "the heart is king of all organs and the support of life." "Sicknesses in general originate owing to the evil and ignorance of human beings, especially owing to their inability to overcome their passions, which disturb the healthy nourishing of the human organs. All evil thoughts also have a harmful influence on the heart and liver."

The physicians of Tibet 1,500 years ago employed the same means of diagnosing the condition of a sick person as the physicians of the present day—they felt the patient's pulse, looked at his tongue, etc. Among the "remedies" which they recommended were not only vegetarian diet, baths, compresses, but also massage and cupping. What is more remarkable is that physicians who did not keep their instruments quite clean were severely punished. The ancient Tibetans were in this respect extremely modern. The old Tibetan medicine book prescribes that healthy persons should "lead an orderly, sensible manner of life, avoid all excesses and irregularities, also conscientiously nourish, keep clean, both soul and body."

HUMOR.

Dr. Grouch was dining at a swell restaurant, when he discovered a needle in his soup. Calling the waiter over, he said:

"Here, waiter, there's a needle in my soup."

"Merely a typographical error," replied the waiter; "it should have been 'noodle.'"

Grouch then glanced over the bill of fare, and, turning to the waiter, said:

"I'd like some fly specks."

"Sir?" asked the waiter haughtily.

"Haven't you got fly specks?" inquired Grouch.

"No, sir," said the waiter.

"Then take them off the bill of fare," snapped Grouch, as he arose, and left the place.

Fifteen minutes later he was seated in a Childs' restaurant, reading a newspaper. When he turned to eat, he found the victuals cold. Calling the waitress he said:

"I say, miss, my cocoa's cold."

"Then, why don't you put on your hat?"

THE TEN COMMANDMENTS OF CHIROPODY.

1. Do not recommend anybody's shoes.
2. Do not sell salves, foot powders, etc.
3. Do not advertise by circulating cheap literature.
4. Do not send old men on the streets, carrying your signs.
5. Do not run down a competitor.
6. Do not attend a patient without wearing your coat or collar.
7. Do not use slang in conversing with a patient.
8. Do not treat a case that rightfully belongs to a physician.
9. Do not call attention to any abnormalities or deformities which you cannot treat.
10. Do not simply preach asepsis. Practice it at all times.

AN UNUSUAL CASE.

By Charles F. Stevens.

Quite a remarkable case came to my attention some time ago. A gentleman called, stating that he had the worst corn that anybody ever had, saying: "That toe is the sorest thing. It is all I can do to wear a shoe. The bed clothes hurt it at night. That thing has hurt me more than a month. Just look at it! What do you think of it?"

After so much explanation, I was surprised to find no corn, but a toe inflamed and swollen back of the fifth metatarso-phalangeal articulation, and a small opening in the toe, through which thin pus or serum was oozing.

I applied antiseptic solutions, wound a small bit of cotton around a tiny probe, saturated this with peroxide, and gently inserted it into the opening. At a distance of about one-thirty-second of an inch I felt something hard yet movable. After cleansing thoroughly and absorbing the moisture by pledgets of sterilized cotton, I plainly saw a white object. By placing a point on it, I found it would move freely.

Then I applied a narrow-pointed tweezer and turned the object one way and another, until I found it to be longer than it was wide.

With a little turning and twisting I worked the offender through the opening and discovered that it was a piece of bone. This man had no recollection of having hurt his toe in any way.

Nothing had fallen on it, no bruising, no stubbing, no abrasion of the skin, no trauma.

It had simply become sore, and gradually grew worse. He thought he had a corn and his friends told him to come to me. I next cleansed the pocket thoroughly, and applied some antiseptic ointment, after which the toe healed beautifully, and he has had no trouble since.

Where did the piece of bone come from?

If it was broken from a phalanx, why did not necrosis of bone follow?

There's many a tale that might be told
About many a quiet affair,
And many a person that's happy now,
Would "go 'way up in the air."

YOUNG CHIRO'S DIAGNOSIS.

He was a new graduate, and had just opened his office. The first patient was an elderly fat man.

"Doc," he said, "I wish you would tell me what is the matter with my right foot. The left one is in good shape, but this right one has been paining me on and off for the past two years."

The young chiropodist carefully examined the foot, but couldn't find any indications of a disease. Questioning developed that the patient had not had a fall or strain, or hurt the suffering extremity in any way.

"It can be caused by only one thing," he said, "and that is old age. You must remember you are no longer a young man."

"Old age, hell!" exclaimed the patient. "Isn't the other foot the same age?"

TROUBLE—BLISS.

Daisy had a little corn
Upon her dainty toe,
And soon it got so very sore
That she could scarcely go.

She went to a chiropodist,
A man whom none would scoff,
And now her smiles (like H. O. oats)
Are smiles which won't come off.

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